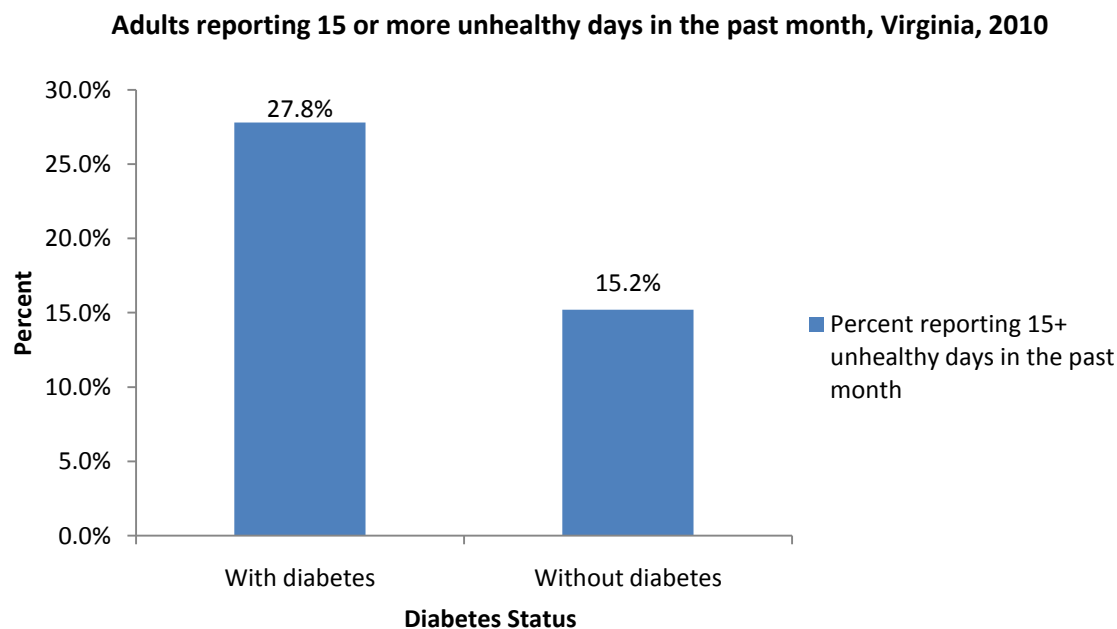


Unhealthy Days among Adults with Diabetes

According to the Centers for Disease Control and Prevention (CDC), persons with diabetes are at increased risk for complications that result in lower extremity amputations, blindness, and other types of physical disability in addition to increased stress, depression, and emotional problems.

- Adults with diabetes in Virginia are almost two times more likely to report having more than 15 unhealthy days in one month than adults without diabetes.
- In Virginia in 2010, 27.8% of adults with diabetes reported having at least 15 unhealthy days in the past month, compared to 15.2% of adults without diabetes.



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010.

Data note: Percents are weighted based on household and demographic characteristics.

“Unhealthy days” is a measure of quality of life, and it is measured by combined responses to the following BRFSS questions:

- Now thinking about your physical health, which includes physical illness and injury, how many days during the past 30 days was your physical health not good?
- Now thinking about your mental health, which includes stress, depression, and problems with emotions, how many days during the past 30 days was your mental health not good?

CDC calculation of healthy/unhealthy days: [Methods and Measures - Health-Related Quality of Life](http://www.cdc.gov/hrqol/methods.htm); <http://www.cdc.gov/hrqol/methods.htm>